

2002-2003

ARMY ROWING NEWS

A Publication of the West Point Rowing Association



The West Point Rowing Association (WPRA) is a non-profit organization set up to provide support for the Army Crew Team. This publication is entirely the effort of the WPRA. The views expressed herein are the views of the authors, not of the United States Corps of Cadets, the United States Army, the Department of Defense, or the United States Military Academy.

Caufield Rowing and Sailing Center Dedication



The cadets began their fall season in the new boathouse, and what a truly beautiful facility it is. It features three large bays, a repair shop, two eight-oared indoor rowing tanks, male and female locker rooms with showers, drying rooms, laundry facilities, coaches' offices, workout rooms and more. You can even cheer Army Crew to victory from the observation deck on the roof of the building. Once again, we'd like to take this opportunity to thank Mr. Frank J. Caufield, USMA '62, for his generous donation made in memory of his late father, BG(R) Frank J. Caufield, USMA '34, for whom the facility is named. We'd also like to thank the Class of '47 for donating new ergometers and some ancillary equipment for the boathouse workout room. Many "2000 meter pieces" have already been pulled on those "ergs."

The Directorate of Housing and Public Works (DHPW) has funded a new docking system that will be closer to the boathouse. It is scheduled to be installed in early summer. The docking system will feature an aluminum ramp that

adjusts to the changing tides of the Hudson. The new dock will extend to 120 feet. This will increase the number of boats that can launch simultaneously and help all get out on the water more quickly. We are thankful for all the support we've received and plan on showing our gratitude by continuing and improving on Army Crew's winning record.



Frank Caufield '62, his wife Karen, and his mother, Mrs. Catherine Caufield cut the ribbon at the dedication of the new boathouse. Looking on is COL "Stas" Preczewski, Director of Rowing. The ceremony took place on May 28, 2002 during the Class of 1962 reunion.



New racks for storing shells



Watch Army win from Class of '87 Terrace

The Varsity Men Make Their Mark

By Coach Steve Arata

The Varsity Men's Crew had a very successful fall season. For each regatta, the men were able to field a Varsity eight, Junior Varsity eight, Varsity four and Lightweight four. With all of the tremendous talent available, it was a challenge for the coaches to find the best eight rowers for the Varsity Eight events each week. Of course, this is the kind of dilemma that is a coach's dream.

The fall season highlighted the strength and depth of the team. It also highlighted the immediate impact that the new facilities in the Caulfield Rowing Center had on our men. The distribution of the boats in the new bays made for efficient departure to the water every day. The rowing tanks allowed coaches to emphasize points of technique at the beginning of practice that we would then reinforce on the water. The tanks also allowed the coaches to do a lot of one on one coaching with rowers after practice and even during the duty day. How wonderful to have a stable platform to teach technique! The weight room ensured that stormy days will not result in a wasted day of training. The challenge for the coaching staff this fall was how to make most efficient use of all of the new and wonderful training opportunities available to us. Once again, this is the kind of dilemma that most coaches can only dream about.

The bottom line is that Army was able to field some fast crews in the fall that make the prospects for success in the spring encouraging. The final race of the fall was at the **Head of the Occoquan**. Of all of the different schools and events represented, Army's Men's Varsity Eight had the third fastest time on the water that day, following only an alumni boat from George Mason University and a very good Varsity Eight from George Washington University. Even more encouraging was the fact the JV Eight had the 10th fastest time over the course that day. Those are remarkable finishes considering that there were over 70 boats in the Varsity, Club, and Veterans Eight races that day. The Lightweight Four and Varsity Four finished 4th and 6th respectively in a race that included 40 boats.

The season also highlighted the return of Captain Marc Wehmeyer as assistant coach of the Men's Varsity. Marc rowed as a lightweight for Army and graduated in 1993. He has had an immediate impact, especially as the coordinator for the team's weight and cardio vascular training.

For those of you who enthusiastically have been following the progress of Army Crew, let me finish by making two points. The improvements in the quality of facilities and equipment available to our cadets will impact their success in the future. Our cadets have the potential to be stronger and more technically proficient than ever before. It is this coach's promise to



Varsity Men at the Head of the Occoquan



you that we will maximize those facilities to the cadets' benefit. My second point is that with all of the changes going on around us, there is still one consistency that highlights crew at West Point – the quality of the cadet that trains and competes for Army. No matter when you rowed, if you came back tomorrow, you would see the same great dedication, hard work and leadership that have been the hallmarks of the cadets in this program since its beginning over 15 years ago. I am proud to be back here with such wonderful people like Marc Wehmeyer, Andy Hall and Matt Morton from a previous era, and the cadets from the present era. Army Crew continues to be fun, challenging, and very successful.

Fall 2002 Results

Textile River Regatta—October 6th

LGWT 4	2nd/4 boats
Open 4	8th/23 boats
Club 8	10th/24 boats
Open 8	7th/15 boats

Philadelphia Navy Day Regatta—October 12th

College 4	8th & 12th/16 boats
College JV 8	5th/5 boats
Dad Vail 8	1st/4 boats
College HVY 8	8th/15 boats

Head of the Fish—October 26th

Open 4	18th/41 boats
LGWT 4	3rd/17 boats
Open 8	4th & 6th/28 boats

Head of the Occoquan—November 2nd

Championship 8	3rd/11 boats
Championship 4	5th & 7th/24 boats
Club 8	2nd/24 boats

GO ARMY CREW!

Women's Fall Season

Wrap Up

By Coach Peter Holland

Asking a coach to write an article about an entire season is a dangerous thing. The poor reader is likely to be overwhelmed with information and left wondering why the journal is not entitled Life with Coach Holland rather than the Army Crew News. Please believe me when I say I will try to be brief, but you all have to remember that there were a lot of races this fall, and a good deal of success.

Our first day on the water was August 27 in preparation for the Textile Regatta on Oct 6. At first I was truly amazed by the novices. I had forgotten how fast they could get up the slide, how late they could square up, how much water they could miss, and how little pressure they could exert at "full" power. But time on the water can do wondrous things, and we were blessed in having experienced rowers at stroke and 7. The stroke, Rebecca Tsuchiya, had rowed in Oakland in H.S. but spent her first two years at West Point on the softball team. Luckily for us, she struck out a lot (or so the rumor goes) so she returned to crew. Meanwhile, the Varsity and 2V were making a lot of progress, and there was even enough depth to carry a varsity four.

TEXTILE RESULTS

Open 8: Coxswain Meghan Vrabel steered a great race and we won the event for the first time ever finishing first of 11 crews, but more importantly beating last year's Dad Vail Champion UMass by 14 seconds.

Club 8: This boat was composed mostly of second year rowers. It lost to the MIT Varsity by one second and finished 17th of 33 many of which were varsity crews.

Open 4: Again it was up against some varsity crews, that is all they entered was the open 4. We came in a very respectable 10th of 29. Abby Racster '04, who has rowed as many as 4 races in a day in various boats was pleased to row just once on this day.

Novice 8: (I was tempted to call them the mighty novice 8s, but was afraid of the editor's blue pencil) had improved enough to win the race for the first time ever and the second boat finished third in an 8 boat field.

NAVY DAY REGATTA (in Philadelphia)

We had very little good water leading up to the race.

Var 8: We were only 6 seconds behind UPenn, and 6 lengths ahead of 6th place Navy. Thus we were second of 11. For 5 members of the crew this was the second straight victory over Navy.

2V8: Finished 6th of 8. Had we entered the Dad Vail Varsity event, a race we were absolutely thrilled to win in 1999, we would have finished second.

Novice8s: finished 3d and 7th of 13, but the third place crew beat Navy by 24 seconds. After the racing, one of the boat clubs put on quite a dinner for just the Army and Navy crews. It was enjoyable talking to the Navy guys. Their women did not join in. Perhaps losing 2 of 3 races to Army was a little too much for them to swallow.

HEAD OF THE CHARLES (in Boston)

This was a race to remember. The Women's Varsity A boat, representing the entire Army Crew, finished 9th (out of 34). Although they hoped to beat Lehigh (who happened to take first), they did finish fast enough to earn a guaranteed spot in the Charles for next year. Next year should be the first where both the Men's Varsity and Women's Varsity can race their best boat at this world-class event.



HEAD OF THE FISH

I hope this will be our last trip to Saratoga. The race has become mammoth. It prides itself on being the biggest one day regatta in the world. This means that there is not enough room to park trailers, that buses are stationed a half mile or more from the site, the docks are flimsy and suitable for landing canoes, and if it is cold and raining, it is a miserable muddy experience. Plus we have to get up very early in the morning to barely get there for the first race. I am lobbying for the Head of the Schuykill next year.

Var 8: Two Canadian National team boats were there. They finished one second apart. The prospect of racing them lured Dartmouth to the race thus, we finished 4th. In any other year we would have won over a big field.

Novices: Finished 5th and 10th of 39 crews.

HEAD OF THE OCCOQUAN

Now we were faced with Standard Time which meant it got dark early, and this was compounded with the fact that the only day of rowable water was Monday. This was discouraging because we wanted to do well in our last race of the fall down in Virginia. For the second straight year LTGs Pickler and Christman were there to cheer us on. What a morale builder!

Var 8: Finished first, 28 seconds ahead of George Washington. Nine more crews trailed. The intensity level was perfect for an end-of-the-year regatta. And winning a race like that is a morale-booster as well.

Club 8: Put on their best performance of the year finishing 8th of 24.

Var 4: Also did a good job finishing 5th of 18. These are not the biggest kids in the world, but Molly "the iron pumper" Adcock '05 is now up to 5'6" and over 130 lbs. Most of that crew could also be coxswains, but they got increasingly tougher throughout the fall.

Novices: For this race I decided to go with the top 8 erg scores. This made for some dramatic improvements on the erg during the week, however we lost about 10 inches in height and I feared some technique as well, e.g. Jamye Orr '05 moved into the 7 seat along with her theory that you cannot be too fast on the recovery. (Yes that is the way she spells her name. She is also a Steelers fan.) However she did a good job during the race and her boat came in first out of 34, the biggest field of the day. Perhaps even more amazing is the saga of the second boat. Because of injuries, Ana-Marie Hartwig '06 had to be put in for the race. It was her second day ever in a boat. She caught no crabs and her boat finished 5th in the same race our first boat was in.

In summary it was a great fall, our most successful in history. The only cloud on the horizon is that the novices tend to be a little on the short side as a squad. On the other hand, their erg scores are excellent and I am considering adding growth hormones to their diets this winter. -- just kidding!



Varsity Women at the Head of the Charles

Novice Men's Season Summary

By Coach Jen Kiesling

Army Men's Novice crew began the fall season in August with the task of selecting 16 novice oarsmen from a list of 96 applicants. Two weeks of intensive tryouts, strongly supported by the varsity rowers and facilitated by the tanks and ergs in the new boathouse, produced a promising squad. Once on the water, the new oarsmen had more than a month to prepare for the first race, and spent most of that time rowing by sixes with blades square.

The novice men boats opened their racing season on 6 October by finishing first and second in the "**Head of the Textile**" Regatta. Almost two minutes separated the second Army boat from its nearest competitor. The following week, again racing as two evenly matched crews, the novices faced much stiffer competition at the **Navy Day Regatta** in Philadelphia. Army finished seventh and tenth to crews from St. Joseph's University, the United States Naval Academy, and the University of Pennsylvania, beating the Penn lightweights and all of the Leigh, Delaware, La Salle boats, and Loyola boats.

The coldest race of the season was the **Head of the Fish**, won by Army "A" by 27 seconds over Williams College. Army "B" finished third, ahead of 21 other crews. The novice men are happy to have contributed the first fish head trophy to the new boathouse trophy case.

Reduced by injury to rowing an eight and a four at the **Head of the Occoquan**, the two novice crews raced with their characteristic intensity. The eight won its race handily, beating George Washington University by over 21 seconds. The four's success was even more startling, a minute and half margin in spite of the gallons of water in the bow compartment.

Check Out These Links

- Directorate of Cadet Activities at www.usma.edu/uscc/dca/clubs/crew
- Academy Crew-Net at www.west-point.org/academy/crew-net
- Official Dad Vail Regatta website at www.dadvail.org
- IRA Championship information at www.IRARegatta.com

Novice Men Take Double Gold at Head of the Occoquan

By Matt Mazar '05

With General Christman, former Superintendent of USMA, and several other distinguished friends of Army Crew looking on, the Men's Novice Crew team competed at the Head of the Occoquan in Fairfax, Virginia on November 2, 2002 in a dominating fashion. The team is comprised of three Yearlings and fifteen Plebes. The Novice Eight took first place with a time of 14:46 with George Washington University far behind at 15:08. The "Duty, Honor, Country" was stroked by first year rower Scott Lesak and led by coxswain Nick Shaw. With the exception of Navy Day, the Novice Eights have continually won every regatta they've entered. The debut of the Novice Four was equally golden. The "65", stroked by Matt Mazar with Drew Chaffee in the driver's seat, was able to overcome a near sinking shell to crush the competition. The team had no idea a hole in the bow of the shell had accumulated a huge amount of water until they attempted to pick it up. With a finish of 16:53 and Catholic University following at 18:21 it was obvious that not even a sinking shell could prevent their victory. Although key rowers on the team were out due to surgery and injury, the team still performed impressively. With their return and Coach Jen Kiesling's torturous winter training the team will be poised to capture more titles in the 2003 spring season.

Novice 4 results

	<u>Time</u>
Army Crew	16:53.2
Catholic University of America	18:21.1

Novice 8 results

	<u>Time</u>
Army Crew - A	14:46.6
George Washington Univ - A	15:08.2

For all the results from the Head of the Occoquan, log onto the Friends of Army Crew website at www.west-point.org/academy/crew-net and you'll find the results for this and other regattas Army Crew raced in this fall.



The Men's Novice Four at the Head of the Occoquan

Winter Training Takes on New Intensity

By Brett Wetherill '03



As the snow and wind blow fiercely outside, the 'whoosh' of the erg wheels drowns out all cares of the weather as the Men's team diligently trains for a victorious spring season for Army Crew. Yes, winter training is upon us. As the weather continues to get worse,

the atmosphere rarely changes in the new Caufield Rowing Center. The Varsity Men are hitting the weights hard as LTC Arata's winter training plan focuses on strength training at the beginning of our winter program. The Varsity is mixing things up with ergs, runs, stadium runs, circuits, and other forms of cardiovascular endurance work. The new boathouse is perfect for our winter rowing needs. The indoor rowing tanks will keep our strokes technically proficient while the countless ergs in the workout room will enhance our physical endurance making us ready for the spring season. While we await the arrival of more weight equipment, the Varsity is making good use of the new MWR Fitness Center to establish a base of strength through weight training. The Novice team is getting well underway with their winter program as Coach Kiesling constantly works them with ergs and circuits. A flexibility program is helping the Men's team protect against injury, increase limberness, and make the strokes in the spring harder and stronger. The attitudes of the men are determined and disciplined, as the rowers will not see the water until Spring Break in March. Even though water time seems far off, the winter training program is shaping the Army Men's Crew into physical specimens that will outperform all previous seasons for the Crew. Look for us at the wining heats of the Patriot Championships, NY State Championships, and Dad Vails. Together, success is inevitable.

GO ARMY CREW!



New indoor rowing tanks

Graduating Firsties Select Branches

In the midsts of classes, papers, tests, and crew regattas, these graduating firsties also have to choose the branch of the Army in which they want to serve. After careful consideration, they made their decisions. Upon graduation, these soon-to-be lieutenants will be heading off to their respective officer basic courses.

Andrea Babcock
Simon Boyd
Matthew Carpenter
Benjamin Coffman
Mark Conrad
Cassandra Facciponti
David Fedor
Katherine Heine
Aaron Justice
Andrew McCollum
Landgrave Smith
Margaret Stick
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Prospects for Army Crew

By Katherine Heine, '03

LOOKING BACK

Last year at this time, we were meeting for erg workouts in a building now condemned. And even then, we shared it amongst five crews, alternating days. And indoor rowing tanks? Unheard of. There is no doubt that Army Crew has been rocketed into the next level – and the pull back down to wherever we were a year ago is becoming weaker and weaker as the winter training season drives on. Having our own boathouse provides a much-needed structure and unity to our team, bringing all the crews closer together. But even more importantly, it provides us with the equipment and facilities prerequisite to building a team that capitalizes on its full potential.

CREW AT WEST POINT

West Point is the perfect place for rowing. From the first push-up a New Cadet does at Beast Barracks to the constant physical demands that we all experience through our well-loved Department of Physical Education (DPE), not to mention the peer teamwork involved almost every area of cadet life or the constant focus on strength and perfect accuracy, West Point cadets have the potential to make exceptional rowers. And with facilities as attractive as the Caufield Crew and Sailing Center, it would not be too presumptuous to say that more cadets will try out for crew next Fall than have in past years. Rowing is already the largest Club Squad sport at West Point by far, with 89 cadets on the team. But the indispensable people involved in the team are the officers and civilian instructors who coach. Essentially holding *two* full-time jobs, these people are the most important members of Army Crew.

ARMY WOMEN

Being a third-year member of the Army Women's Varsity, I can't help but add a little tidbit about our program. The women's teams, both the Novice and the Varsity, had an excellent Fall season. Every success would take up a newsletter in itself, but here are some of the high points from the season. At the Textile Regatta (Lowell, MA), the Varsity debuted with a healthy victory over last year's Dad Vail Champions (UMass). The JV had an absolutely outstanding performance at the Head of the Occoquan, finishing 8th out of a large group of 24. The Novices earned both first and third at the Textile Regatta (totally unprecedented finishes for the Novices!), and then they turned around the following weekend at the Navy Day Regatta in Philadelphia to BEAT NAVY, following in the footsteps of the Women's Varsity who also BEAT NAVY at the same regatta for the second year in a row. The teams we raced against but defeated for the first time this year (such as Ithaca for the Varsity, and Navy for the Novices – to name just a couple), are great encouragement to be serious about our winter training program.

This winter, we've been gearing up for some great Spring competition by taking full advantage of daily erg *and indoor tank* workouts. Having the indoor tanks is a phenomenal difference from last year – no one can say that we don't train year-round anymore. Being on crew and trying to work out on an erg machine can sometimes feel like being a runner who only practices on a treadmill, but the indoor rowing tanks have helped us maintain our technique and form as rowers, even through the Winter. Also new this year are the Dyno machines, a great test of brute strength as well as a good workout. Doing a set of "dynos" will yield results (and a pleasant post-workout soreness) similar to a tough lift, but it targets very rowing-specific muscles.

Last year, Coach Holland often signed off with a big BEAT ITHACA in closing (his traditionally long-winded) emails. This year, we have to adjust this closing and say...

BEAT ITHACA AGAIN!

FALL-WINTER 2002-2003 ARMY CREW ROSTER



Varsity Men:	Year	Co.
Balentine, Kevin	05	G4
Bales, Michael	05	D1
Boyd, Simon	03	C1
Bracey, Omar	05	D3
Capozza, Daniel	05	H4
Carpenter, Matthew	03	G2
Coffman, Benjamin	03	D3
Conrad, Mark	03	D2
Cuthbertson, David	04	F3
Drobenak, Brandon	05	A1
Fedor, David	03	A3
Forester, Brian (at Navy)	04	B1
Handke, Joseph	04	F3
Hillman, Jason	05	G3
Justice, Aaron*	03	C2
Mamone, Peter	05	F1
Mccollum, Andrew	03	F3
Naigle, Shawn	05	H2
Nick, Douglas	04	B3
Plowey, Ryan	05	A4
Pyle, Noah	05	B2
Smith, Landgrave	03	E4
Thompson, Mark	04	G4
Thompson, Michael	04	A1
Welch, Ryan	05	C4
Wetherill, Brett**	03	A4

Varsity Women:	Year	Co.
Adcock, Mary	05	B3
Babcock, Andrea	03	F3
Clark, Frances	04	F4
Colacicco, Patricia	04	D4
Facciponti, Cassandra	03	B4
Fenton, Katherine	05	C4
Hacholski, Kathleen	04	D2
Hatcher, Mindy	04	F3
Heine, Katherine***	03	A2
Hyde, Sarah	04	H1
Kelly, Shannon	04	A2
Kenny, Margaret	04	D1
Lachner, Elizabeth	05	H1
Racster, Abigail	04	E1
Schessow, Carissa	04	B1
Seward, Larissa	05	E3
Stick, Margaret	03	H4
Terry, Tia	04	B4
Weaver, Annah	05	A2
Wicks, Leah	05	F4
Wrzesinski, Laura	04	E4

Varsity Coxswains:	Year	Co.
Chaffee, Andrew	05	G1
Ramos, Manuel	04	H1
Salcido, Erin	04	B1
Sedivy, Donald	05	F1
Hammerstrom, Anne	05	D4
Vrabel, Meaghan	05	F1
Tomazic, Jessica	05	D1

*Commodore
**Men's Captain
***Women's Captain

Novice Men:	Year	Co.
Allison, Thomas	06	E1
Bangsboll, Brandon	06	C1
Blankenship, Matthew	06	H1
Blum, Jordan	06	A4
Brown, Samuel	06	A2
Buffington, William	05	G3
Dyer, Jonathan	06	F1
Dyer, Nathan	06	F4
Esposito, Marc	06	H4
Florance, Jonathan	06	E3
Lesak, Scott	05	H4
Mahoney, Daniel	06	B2
Mazar, Matt	05	H2
Moffatt, Philip	06	E3
Rider, Zachary	06	H3
Southerland, Robert	06	B4

Novice Women:	Year	Co.
Balser, Amanda	06	F1
Betz, Kimberly	06	B1
Butler, Brandy	06	E1
Chilton, Kathryn	06	G1
Colon, Saddle	06	F1
Cook, Jordan	05	C3
Elbe, Amber	06	C2
Fox, Sarah	06	E3
Garberson, Crystal	06	E4
Greenwood, Nicole	06	E4
Jantzi, Jennifer	06	G3
Loyd, Kristin	06	G3
Matthews, Kimetha	05	A3
Orr, Jayme	05	F3
Tsuchiya, Rebecca	04	F1
Withers, Natalie	06	B3

Novice Coxswains:	Year	Co.
Yang, Chung-Kai	06	C3
Shaw, Nicholas	06	A3
Holland, Tynika	06	C2
Potenza, Danielle	06	E2

Coaches:	
MAJ Andy Hall	Officer-in-Charge/ Varsity Women
LTC Stephen Arata	Varsity Men
CPT Marc Wehmeyer	Varsity Men
Dr. Jen Kiesling	Novice Men
MAJ Matthew Morton	Novice Men
Mr. Peter Holland	Novice Women
Dr. Pete Hanlon	Novice Women
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Ms. Geri Wildenberg	

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If you would like to donate to Army Crew, please call or write:

Mort Williams
66 Coppermine Road
Garrison, New York 10524
Tel: (845) 424-3767
Email: Williams@highlands.com

He will gladly discuss Army Crew's needs and help you give a gift.

2003 Spring Schedule

We are excited about the upcoming spring schedule. The cadets are looking forward to getting out on the water during their Spring Break. We can't wait to see how rowing in the new indoor tanks this winter will affect their technique. This year we'll be heading to the Florida Institute of Technology (FIT) as well as to the National Training Center in Lake Lanier, Georgia, where the 1996 Atlanta Olympic Rowing events were held. Come out to our regattas this spring and cheer on Army Crew! We promise you won't be disappointed.

Check the Directorate of Cadet Activities official list of approved trips at www.usma.edu/uscc/dca/clubs/ crew to find the current status of each race.



Women's crew during Spring Break 2002 in Virginia Beach

March 29	Army vs. Coast Guard West Point, NY
April 5	Men vs. MIT Boston, MA Women vs. Fairfield West Point, NY
April 12-13	Knecht Cup Camden, NJ
April 18-20	(18th) Women vs. UConn Storrs, CT (19th) Army vs. Marist & Union West Point, NY
April 26-27	"Patriot League" Championship Worcester, MA
May 3-4	New York State Championship Whitney Point, NY
May 8-11	Dad Vail Championship Philadelphia, PA ECAC (Women) Camden, NJ
May 28-31	Intercollegiate Rowing Assoc. Nat'l Championship Camden, NJ

